I. COURSE GOALS

Psychology 112 is a course designed for members of the Psychology Department Learning Community. The learning activities in the fall semester of Psychology 112 are a gateway to at least two of the five broad learning goals for psychology majors at ISU. These include developing a detailed knowledge of psychology and developing an understanding of scientific inquiry and critical thinking. Activities and objectives specific to Psychology 112 are detailed below.

A. To cover the material in Psych 111, *Orientation to Psychology*, which is required of all Psychology majors (Psych 112 is a substitute for Psych 111.)

Specifically, this segment of the course will familiarize the student with:

1. Graduation requirements – You will plan out your **entire 4 years of college coursework.**
2. Psychology advising procedures, degree audits and registration procedures
3. Psychology faculty and type of research done at ISU
4. Opportunities to become involved in activities at ISU
5. Resources at ISU

B. To become familiar with different career options in the field of psychology

Several psychologists from the community will meet with you to describe what they do and what preparation is required to work in their field.

C. To begin our year-long exploration of Psychology in Action. We will be exploring the theme “*The Psychology of Happiness and Well Being.*”

In this segment of the course, students will:

6. Begin to read our assigned text, *The Happiness Project*, the story of New York City writer Gretchen Rubin’s year devoted to applying psychological research on happiness to the betterment of life for herself and those around her.

7. Begin contemplating a small-scale happiness project for yourself that you will undertake during spring semester.

8. Begin to formulate a plan for enhancing the well-being of others through meaningful volunteer work in the community during spring semester. The Volunteer Fair on September 4th will provide valuable information on local volunteer opportunities. Additional opportunities will be discussed in class.
II. COURSE MATERIALS

Required textbook:


III. COURSE REQUIREMENTS:

This course is graded Pass/Fail. In order to receive a satisfactory grade, you must meet each of the following requirements:

A. Class Attendance

- Attend and participate in **ALL classes**. Attendance will be taken at the beginning of each class period.

  If you must miss a class due to an emergency or illness, you must notify me via email or phone PRIOR to the class meeting time to be excused and you must meet with me or a peer mentor to make up the material covered in class. (ccutrona@iastate.edu or 294-0282).

B. University Fests and Fairs

- **Attend TWO of the following** special events and complete the activity report at the end of the syllabus about your experiences. Dates and locations are provided in the course schedule.

  1. **ClubFest** Representatives from hundreds of campus organizations will have displays (11:00 to 4:00 - drop in any time). Sept. 3rd Memorial Union Great Hall

  2. **Fall Volunteer Fair**

     Learn more about the many volunteer opportunities available in our area from agency representatives (10:00 to 2:00 - drop in any time). Sept. 4th Memorial Union Great Hall

  3. **Study Abroad Fair** See displays about options to study overseas (10:30 to 1:30 - drop in any time). Sept. 18th Memorial Union Great Hall

  4. **Business, Industry, and Technology Career Fair** Get a feeling for the kinds of employers who recruit ISU students in these areas (12:00 to 6:00 - drop in any time). Sept. 24th Hilton Coliseum

  5. **People-to-People Career Fair** Learn about employment opportunities in the areas of social/human services, education, health/wellness, government, and hospitality (1:00 to 5:00 - drop in any time). Sept. 24th Scheman Building

C. Psychology Social Activities

- **Attend AT LEAST TWO** social events with Psychology faculty members and students. One may be the Psych Club Picnic, which is listed on the schedule. You’ll meet and greet other
psychology majors and faculty members, have a free meal, play games, and have a great time! Peer mentors will coordinate transportation. Other social events will be announced.

D. Assignments

a. Graduation Coursework Plan
   Due: October 14th
   Develop a graduation plan. This must include specific courses you could take to graduate. Do NOT enter “elective” or “psych choice” in any of the blanks. Advisors will look over the plans, make comments and return the plans to you as either “complete” or “correct & resubmit”. This plan must be typed and submitted on the Psych template available at: http://www.psychology.iastate.edu/undergraduate-program/major-requirements/

b. Happiness Project Reaction Essay
   Due: December 2nd
   Read in The Happiness Project: “A Note to the Reader: (pp. xvii-xviii), “Getting Started” (pp. 1-15), “Your Happiness Project” (293-296) and “The Happiness Project Manifesto” (p. 297). In the spring, you will be asked to identify two to four specific resolutions to enhance your own well-being (one of these resolutions will pertain to your community service to others!). As you read these sections of The Happiness Project, especially the questions on page 295, what are your reactions? How do you feel about applying psychology to your own life this way? Rubin loves lists, and she provided several in this material. These included her personal Twelve Commandments and The Happiness Project Manifesto. Which, if any, of the items on these two lists are especially meaningful to you? How does the most important item to you apply to your hopes for your freshman year? If you found Rubin’s lists uninspiring, what is inspiring for you this year? Share your thoughts in response to these questions in a typed, double-spaced, one page essay.
# Psychology 112 A Fall 2014
## Psychology Learning Community

## COURSE SCHEDULE

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Introduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 26</td>
<td><strong>Topic:</strong> Course Overview and Introductions</td>
</tr>
</tbody>
</table>

**Week 2**
**Speakers:** Peer Mentor and Previous Learning Community Participants

**September 2**
**Topic:** Tips to survive your freshman year

*Wed September 3 Club Fest 11:00-4:00 – MU Great Hall*

*Thur September 4 Fall Volunteer Fair 10:00-2:00 – MU Great Hall*

**Week 3**
**Speaker:** Prof. Carolyn Cutrona and class discussion

**September 9**
**Topic:** Introduction to happiness project

*Sun September 14 Psych Club Picnic 5:00-7:00 – Brookside Park*

**Week 4**
**Speaker:** Dr. Sarah Anthoney, Student Counseling Services Interim Director of Career Exploration Services, Research Coordinator, and Coordinator of Mind-Body and Biofeedback Services

**September 16**
MEET IN GilMAN 2204
**Topic:** Resources to enhance well-being

*Thur September 18 Study Abroad Fair – 10:30-1:30 – MU Great Hall*

**Week 5**
**Speaker:** Department of Psychology Academic Advisor: Dr. Indria Jenkins

**September 23**
**Topic:** Effective use of academic advising

**Bring:**
1) Psychology Undergraduate Program Booklet
2) Degree Audit or unofficial transcript

*Wed September 24 Business, Industry, Technology Career Fair – 12:00-6:00pm – Hilton Coliseum*

*Wed September 24 People to People Career Fair (Social/human services, education, health/wellness, government, and hospitality) 1:00-5:00pm – Scheman Building*

**Week 6**
**Topic:** Planning your four-year course schedule [Peer mentors assist!]

**September 30**
**Assignment:** Read Dept. of Psychology Undergraduate Program Booklet (Yellow cover)

**Bring** Degree Audit or Unofficial Transcript

**Week 7**
**Topic:** Planning your four-year course schedule [Peer mentors assist]

**October 7**
**Bring** Degree Audit or Unofficial Transcript
Week 8  
**Topic:** Preparing for Happiness Project OR Effective Test Preparation by Academic Success Center representative.

October 14  
Sections A & B  
**MAYBE:**  
GILMAN 2204  
Assignment Due: Four-Year Course Plan typed on blank template available at [http://www.psychology.iastate.edu/index.php?id=31](http://www.psychology.iastate.edu/index.php?id=31)

Week 9  
October 21  
Sections A & B  
GILMAN 2204  
**Topic:** Careers in Forensic Psychology  
**Speaker:** Dr. Monic Behnken

Week 10  
October 28  
Sections A & B  
GILMAN 2204  
**Topic:** Careers in Developmental Psychology  
**Speaker:** Dr. Warren Phillips

Week 11  
November 4  
Sections A & B  
GILMAN 2204  
**Topic:** Careers in Psychology: Psychology in the Business World  
**Speaker:** Dr. Kathy Hanisch

Week 12  
November 11  
Sections A & B  
GILMAN 2204  
**Topic:** Preparing for Volunteer Work  
**Speaker:** Community representatives of social service organizations

Week 13  
November 18  
Section A  
**Topic:** What do Psychologists Study?  
**Speaker:** Dr. Jon Kelly, Cognitive Psychology: Virtual Reality Demonstration  
Come to W-139 then we will go in groups to Office and Lab Room 0016

Thanksgiving Break  
November 24-28

Week 14  
December 2  
**Topic:** Managing Money (Don’t graduate with $100,000 debt!)  
**Speaker:** Jennifer Schroeder (Student Loan Education Office)  
Assignment Due: Happiness Project Essay

Week 15  
December 9  
Section B  
**Topic:** Preparing for volunteer work and Happiness Project

Week 16  
No final exam, no class! Best wishes on exams and happy holidays!
## Fall Semester 2014 Dates and Deadlines

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 29</td>
<td>♦ Last day to process a schedule change (add, drop, or section change) on AccessPlus (if no restrictions) without a fee</td>
</tr>
<tr>
<td></td>
<td>♦ Last day to process a schedule change without a fee on a pink slip (if restrictions), signature of instructor and adviser required</td>
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<td>By 4:45 p.m.</td>
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<tr>
<td>September 14</td>
<td>♦ Psych Club Picnic – 5:00-7:00 – Brookside Park</td>
</tr>
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<td>September 18</td>
<td>♦ Study Abroad Fair – 10:30-1:30 – MU Great Hall</td>
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<td>♦ People to People Career Fair – 1:00-5:00pm – Scheman Building</td>
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<tr>
<td>September 26</td>
<td>♦ Last day to drop a first-half semester course</td>
</tr>
<tr>
<td>October 1</td>
<td>♦ Major Fair – 10:00-2:00 - MU Great Hall</td>
</tr>
<tr>
<td>October 4</td>
<td>♦ Finalized Schedule of Classes for Spring will be available on-line at <a href="http://classes.iastate.edu/">http://classes.iastate.edu/</a></td>
</tr>
<tr>
<td>October 7</td>
<td>♦ Last day to drop Psych 111/112</td>
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<tr>
<td>October 17</td>
<td>♦ First-half semester courses end</td>
</tr>
<tr>
<td>October 20</td>
<td>♦ Second-half semester courses begin (example: Lib 160)</td>
</tr>
<tr>
<td>October 23</td>
<td>♦ First day of Spring registration for seniors (Oct 30 for Juniors; Nov 6 for Sophomores; Nov 13 for Freshmen)</td>
</tr>
<tr>
<td>October 31</td>
<td>♦ Last day to drop a full-semester course or withdraw</td>
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<tr>
<td></td>
<td>♦ Last day to change a full-semester course to Pass/Not Pass grading</td>
</tr>
<tr>
<td>November 21</td>
<td>♦ Last day to drop a second-half course</td>
</tr>
<tr>
<td>November 24-28</td>
<td>Thanksgiving Break</td>
</tr>
<tr>
<td>December 15-19</td>
<td>♦ FINAL EXAM WEEK</td>
</tr>
</tbody>
</table>

A complete listing of academic dates is available at [http://www.registrar.iastate.edu/calendar/cal-fall14](http://www.registrar.iastate.edu/calendar/cal-fall14)
ACTIVITY REPORT (complete both sides)

Name______________________________________

You are required to attend TWO of the following five activities:

Club Fest
Volunteer Fair
Study Abroad Fair
Business, Industry, and Technology Career Fair
People-to-People Career Fair

Activity #1:_________________________________________ Date________________________

Please list 4 displays that you looked at in depth:

1.
2.
3.
4.

Please list the two displays that interested you most (e.g., clubs you would like to join, agencies you would like to work at or volunteer for, countries in which you would like to study, companies you would like to work for) and describe WHY you were drawn to that activity or organization:

1.
2.
Activity #2: ___________________________________________  Date ______________________________

Please list 4 displays that you looked at in depth:

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________

Please list the two displays that interested you most (e.g., clubs you would like to join, agencies you would like to work at or volunteer for, countries in which you would like to study, companies you would like to work for) and describe WHY you were drawn to that activity or organization:

1. ______________________________________________________
2. ______________________________________________________

You are required to attend at least two social events to become acquainted with Psychology Department faculty and students. Please list the events you attended.

___ Psychology Club Picnic

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

__________________________________________________________________________
__________________________________________________________________________